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## **HANDOUT SM-2**

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### ***SLIP MANAGEMENT EXERCISE***

#### **INSTRUCTIONS**

- 1.** Each of you should brief your partner on your own major high-risk situation (one situation). So in each group, there will be two briefings.
- 2.** Each of you should then take five minutes to create a scenario you'll use to challenge your partner. The scenario should involve your partner's high-risk situation and the resulting slip that takes place. See the second page of this handout for an example of a challenging scenario involving a slip.
- 3.** When you're both done, each of you should brief your partner on the scenario you developed for him (i.e., involving your partner's major high-risk situation and his slip).
- 4.** Each of you should then spend about five minutes to figure out how to deal with the situation he has been given. Refer to Handout SM-1: Slip Management Worksheet in order to identify tools for dealing with a slip. Consider the points raised at the start of the current exercise (e.g., advanced planning, seeking help, practice, getting off the substance).
- 5.** Identify the specific coping skills (thinking and acting) that you could use in the situation your partner presents to you.
- 6.** Finally, each of you should brief your partner on the plan you identified for handling the slip he created for you. Partners should provide input on the plan, asking questions and making suggestions to improve the response, and the use of the slip management plan.



## Example of a Scenario to Challenge Your Partner

### YOUR PARTNER'S HIGH-RISK SITUATION

Type: Your Emotions: Celebration

### SITUATION YOU DEVELOP TO CHALLENGE YOUR PARTNER

**J**ohn has always had a hard time avoiding a big party on his birthday. John's daily cocaine use gave him the opportunity to party almost every day but now he hasn't touched any drugs in over five months. Overall, John is satisfied with his decision and he finds himself fighting a lot less with his wife, friends, and co-workers, something that always happened when he was coming down in the past.

Well, it's John's 24th birthday and he had a great time in the afternoon with his wife and family. It is now 9 o'clock and John's best buddy Dave calls up and tells him to meet him at his apartment for a great birthday surprise. John tells his wife he is heading out for a few hours and without thinking heads over to Dave's place. Dave has invited a number of buddies over and there is coke on the table and great tunes playing on the stereo. After spending some time trying to resist, John does several long birthday lines...

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